

# GIVE YOURSELF A BREAK

## Take a break!

*Taking a break means that you are a dedicated employee, dedicated to taking care of yourself.*

### The human body was **NOT** designed to...

- Stay in one position for long periods of time, or
- Perform tiny, detailed movements (such as typing) for long periods of time.

***It's unnatural!***

***So protect yourself and your work...take a break!***

Here are some suggestions:

#### • **Eye breaks** — *Take a 20 / 20 break.*

- Every 20 minutes—take a minute to rest your eyes.
- Look at something 20 feet away.
- Blink your eyes rapidly for a few seconds.
- Wear your computer glasses, if you have them.

#### • **Micro breaks** — *Take a break between periods of intense activity.*

- Rest your hands in your lap for 1-2 minutes.
- Briefly stretch, stand up, move around.
- Do a different work task, such as making a phone call.

#### • **Rest breaks** — *Take a brief rest break every 30-60 minutes.*

- Stand up, move around, and do something else.
- Get a drink of water, soda, tea, coffee...
- Talk to your co-workers about your work and your family.

#### • **Exercise breaks** — *Stretch and do gentle exercises every 1-2 hours.*

- Use special software that alerts you when you need to take a break.

#### • **Mental health breaks** — *Take a break whenever you feel stressed out.*

- Go for a walk, talk to some friends, breathe – “chill.”

***Only after you take care of yourself... can you take care of others.***

